

































Virginia Beach (outer coast), VA - Dec 2003

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	1:56	3.2	2:11	3.3	8:06	0.6	8:37	0.3	6:57	4:47	
2	Tue	3:03	3.3	3:12	3.2	9:12	0.7	9:24	0.3	6:58	4:47	
3	Wed	3:56	3.5	4:02	3.0	10:10	0.6	10:05	0.3	6:59	4:47	
4	Thu	4:41	3.6	4:48	3.0	11:04	0.6	10:45	0.3	7:00	4:47	
5	Fri	5:21	3.7	5:31	2.9	11:52	0.5	11:23	0.3	7:01	4:47	
6	Sat	5:59	3.8	6:12	2.9			12:32	0.4	7:02	4:47	
7	Sun	6:34	3.9	6:50	2.9	12:01	0.2	1:06	0.3	7:03	4:47	
8	Mon	7:07	3.9	7:26	2.9	12:37	0.2	1:37	0.2	7:04	4:47	
9	Tue	7:41	3.9	8:02	2.9	1:12	0.2	2:09	0.2	7:04	4:47	
10	Wed	8:16	3.9	8:39	2.8	1:47	0.2	2:44	0.2	7:05	4:47	
11	Thu	8:53	3.8	9:19	2.8	2:23	0.3	3:22	0.3	7:06	4:47	
12	Fri	9:33	3.7	10:02	2.7	3:04	0.4	4:05	0.3	7:07	4:47	
13	Sat	10:14	3.6	10:46	2.7	3:49	0.5	4:50	0.3	7:07	4:48	
14	Sun	10:57	3.5	11:33	2.8	4:40	0.5	5:35	0.3	7:08	4:48	
15	Mon	11:43	3.4			5:35	0.5	6:22	0.2	7:09	4:48	
16	Tue	12:25	3.0	12:34	3.3	6:34	0.5	7:12	0.1	7:09	4:48	
17	Wed	1:26	3.2	1:34	3.2	7:40	0.5	8:06	-0.1	7:10	4:49	
18	Thu	2:30	3.5	2:39	3.1	8:46	0.3	8:59	-0.2	7:11	4:49	
19	Fri	3:29	3.8	3:41	3.1	9:49	0.1	9:52	-0.4	7:11	4:50	
20	Sat	4:25	4.2	4:41	3.1	10:51	-0.2	10:48	-0.5	7:12	4:50	
21	Sun	5:21	4.5	5:40	3.2	11:52	-0.4	11:44	-0.7	7:12	4:50	
22	Mon	6:17	4.6	6:38	3.3			12:49	-0.6	7:13	4:51	
23	Tue	7:10	4.7	7:32	3.3	12:40	-0.8	1:40	-0.7	7:13	4:52	
24	Wed	8:02	4.7	8:25	3.3	1:32	-0.8	2:31	-0.6	7:14	4:52	
25	Thu	8:54	4.5	9:20	3.2	2:24	-0.7	3:24	-0.5	7:14	4:53	
26	Fri	9:48	4.2	10:17	3.2	3:19	-0.5	4:19	-0.4	7:15	4:53	
27	Sat	10:40	3.9	11:12	3.1	4:19	-0.2	5:13	-0.3	7:15	4:54	
28	Sun	11:30	3.5			5:20	0.0	6:04	-0.1	7:15	4:55	
29	Mon	12:08	3.0	12:20	3.2	6:22	0.3	6:54	0.0	7:15	4:55	
30	Tue	1:10	3.0	1:16	2.8	7:30	0.5	7:45	0.1	7:16	4:56	
31	Wed	2:17	3.0	2:20	2.6	8:37	0.5	8:30	0.1	7:16	4:57	